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RESEARCH ARTICLE

Students' Psychological Health Assessment: A Survey of Bamyan University 2024 Batch

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ABSTRACT

The psychological health of university students is being acknowledged as a fundamental indicator influencing their academic performance, social intelligence, and general well-being. This paper focuses on assessing the psychological and physical health, anxiety levels, sleep deprivation, and depression levels of the 2024 group of students at Bamyan University. Utilizing a cross-sectional overview technique, data were collected from 211 students through a validated psychological health survey. A random sampling strategy was used to ensure representativeness. Reliability of the mental healthiness construct, which incorporates the anxiety, sleep deprivation, and Depression measurements, was recorded at 0.81 of Cronbach alpha. The results show critical connections between physical and psychological health, as well as striking levels of anxiety and depression among students. They have positive significant correlation 0.617 on 0.01 level. The revelations highlight the critical necessity of mediation to improve the psychological condition of university students. The researchers suggested some recommendations for the Bamyan University students that actualize comprehensive psychological health services on campus to supply counseling and encourage students encountering anxiety, depression, or sleep deprivation. Furthermore, programs should be created that focused on physical health advancement through workouts, nourishment, and wellness workshops to improve general psychological health. Besides that, implement targeted awareness campaigns on campus to educate students about mental health resources and coping strategies and advance assets accessible for support. In addition, conduct standard appraisals of the understudy's psychological well-being to display changes over time and modify intercessions accordingly. Finally, empower the arrangement of peer-strengthening groups where students can share experiences and adapt methodologies in a secure environment.

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Introduction

The study focused on to evaluate the psychological health, physical health, anxiety, sleep deprivation, social working, and depression status of the 2024 batch of students at Bamyan University. Furthermore, Depression and uneasiness are predominant, with rates ranging from 21.4% to 62 across diverse populations (Garmabi et al., 2024; Haqqani et al., 2024). Sleep quality is additionally a basic issue, with 28% of students detailing poor sleep (Garmabi et al., 2024). Furthermore, Sleep deprivation contrarily impacts psychological health and raises anxiety (Rahman et al., 2013). Moreover, Socioeconomic status and physical action are vital variables impacting psychological health and rest quality, with higher financial status and expanded physical movement related with lower

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anxiety and depression and better rest quality (Rassolnia & Nobari, 2024). However, these discoveries emphasize the requirement for intercessions focusing on psychological wellbeing, rest, and physical movement among university students. In addition, giving psychological counseling services and advancing physical movement may well be advantageous in tending to these issues (Rassolnia & Nobari, 2024). Furthermore, Investigate demonstrates a critical relationship between physical wellbeing and psychological well-being among university students. Investigations have found gender contrasts in both psychological wellbeing and health-related physical fitness (Jeoung et al., 2013). Additionally, Physical fitness has been appeared to affect different psychological components, counting accomplishment inspiration, anxiety, and self-confidence (Chauhan & Singh, 2023).

Furthermore, Positive influence is related with superior physical wellbeing and psychological well-being, with psychological strength playing an intervening part (Nath & Pradhan, 2012). Moreover, a low-level positive relationship has been watched between physical action levels and psychological flexibility in university students. Male students tend to have higher physical action levels than females, in spite of the fact that no noteworthy distinction in psychological strength was found between gender orientations (Seçer et al., 2020). However, recent studies have examined the psychological health of students at Bamyan University and other Afghan institutions. Research indicates that psychological health issues are prevalent among university students in Afghanistan, with one study finding a 43.3% overall prevalence of depression among undergraduates (Ayubi & Raju, 2020).

Although, recent studies have inspected the psychological wellbeing of students at Bamyan University and other Afghan institutions. Research demonstrates that psychological wellbeing issues are predominant among university students in Afghanistan, with one paper finding a 43.3% generally predominance of depression among students. At Bamyan University particularly, organizational lack of interest among staff and faculty was found to be underneath normal but over low levels (Amozgar et al., 2024). Additionally, another paper at Bamyan's Staff of Education detailed fascinating instructing quality from students' viewpoints (Farin et al., 2024). However, Research at Kabul University uncovered that students' psychological wellbeing levels were lower than the low threshold, especially in physical indications and social performance measurements. The study also found a little bit below-average level of social believe among students, proposing a potential connect between psychological wellbeing and social elements in instructive settings (Amozgar et al., 2024).

Furthermore, Paper on university students' physical wellbeing and way of life behaviors uncovers critical experiences. Iranian university students appeared a normal BMI of 22.5, with male having a little bit higher BMIs than females (Mansouri et al., 2017). Moreover, A research in Turkey found that male students had essentially higher physical action levels than females, which connected with superior quality of life scores (Pirinççi et al., 2020). In addition, At Bamyan University in Afghanistan, students detailed pleasant educating quality within the faculty of Instruction, which may indirectly affect student well-being (Farin et al., 2024). Although, a study of Iranian university students found that only 30% protected in standard physical movement, with academic pressures and living absent from domestic distinguished as key obstructions to keeping up healthy ways of life (Gorbatkova et al., 2020).

Although, Sleep deprivation and destitute sleep quality are predominant issues among university students, with studies announcing high rates of sleep difficulties (Nartiang & P., 2019; Norbury & Evans, 2019). Sleep issues are related with expanded levels of depression, stress, and other psychological wellbeing issues (Shah, 2023). In addition, research has appeared that sleep-deprived students display essentially lower psychological well-being and higher uneasiness compared to their non-sleep-deprived peers (Shah, 2023). Furthermore, first-year university students are especially powerless in restituting sleep quality (Norbury & Evans, 2019). Furthermore, the negative effect of sleep hardship expands to daytime work, with numerous students encountering daytime sleepiness (Nartiang & P., 2019). Some findings highlight the need for interventions to improve sleep quality among university students, potentially including later start times for academic activities (Norbury & Evans, 2019).

Moreover, Research on the social performance of students, especially those with learning disabilities (LD), uncovers blended results. Whereas a few students with LD involvement have trouble with peer acknowledgment and academic self-concept (Vaughn et al., 2001). Furthermore, Social work includes different angles, counting social abilities, self-concept, companionships, and social systems, which can affect students' consideration experiences (Vaughn et al., 2001). However, group social working of peers contributes interestingly to personal social and school alteration, possibly directing the relationship between a child's social working and socio-emotional alteration (Chen et al., 2001). However, later research in India found that only 20.7% of youthful students

illustrated great social working abilities, with family connections scoring most noteworthy and peer connections least (Das et al., 2023). In addition, Components such as age, number of siblings, and maternal education were related with superior social working aptitudes (Das et al., 2023).

Furthermore, Discouragement could be a predominant issue among university students, with considers detailing different rates. One consider found that 41.25% of students experienced direct discouragement, whereas 6.25% had extreme discouragement (Karmakar & Behera, 2017). Another paper detailed indeed higher rates, with 33.5% decently discouraged and 28.7% seriously discouraged (Bukhari & Khanam, n.d.). Fortunately, male students were found to have higher levels of depression than females in one research (Moreno et al., 2011). However, Social media stages like Facebook may offer bits of knowledge into students' psychological well-being, with 25% of profiles showing depressive indications and 2.5% meeting the criteria for major depressive scenes (Moreno et al., 2011). Additionally, Students who got online reactions from companions were more likely to reveal depressive side effects on Facebook, recommending that social organizing sites might be utilized to combat shame or recognize at-risk students (Moreno et al., 2011).

Research Problem

The psychological wellbeing of university students could be a basic issue that influences their academic execution, social intuitive, and overall well-being. Understanding the different variables that affect the psychological wellbeing of students at Bamyan University is basic for creating successful intercessions and back frameworks. This study points to evaluate the psychological health, physical health, anxiety, sleep deprivation, social working, and depression status of the 2024 batch of students at Bamyan University.

Research Objectives

To evaluate the psychological and physical health of the 2024 group students of Bamyan University.

To get it the levels of anxiety and sleep hardship among students

To distinguish the depression status of students.

Research Hypotheses

There is a significant relationship between physical and psychological health among students at Bamyan University.

Anxiety and sleep deprivation significantly affect the psychological well-being of students at Bamyan University.

There is a high prevalence of depression among students at Bamyan University.

Materials & Methods

Study Design

A cross-sectional study was conducted to survey the psychological well-being of students, including a test measure of 211 students from the 2024 batch out of 713 at Bamyan University. The specific sample students voluntarily participated while others rejected to take part in participation. In addition, the study observed the sample population at one specific point of time. To guarantee representativeness, a random sampling strategy was utilized in selecting the members.

Data Collection Tool

The data collection tool utilized in this study was Goldberg and Heller's (1979) psychological health questionnaire, which comprises 21 items separated into three sub dimensions: Physical health, Anxiety and Sleep Deprivation, and Depression. The reliability of the subscale, as measured by Cronbach's Alpha, was found to be 0.724 for physical health, 0.750 for anxiety and sleep hardship, and 0.700 for depression. Moreover, the general reliability of the psychological health construct, which incorporates the anxiety Sleep deprivation, and Depression measurements, was recorded at 0.81. The questionnaire utilized a five-point Likert scale for responses, extending from "Strongly Disagree" to "Strongly Agree," and included 19 reverse-coded questions to upgrade the strength of the data collected.

Data Collection Process

The data collection prepares included conveying physical duplicates of the questionnaire to chosen students, who were at that point briefed on the study's reason and given clear enlightening on how to complete it. To guarantee privacy and empower legitimate reactions, the collection of answers was conducted namelessly.

Data Analysis

The data investigation utilized a comprehensive approach that included both expressive and inferential statistical strategies to summarize the data and test hypotheses, particularly utilizing relationships and a one-sample t-test. Because to compare two independent variables. Furthermore, Analysis was conducted utilizing SPSS 26 Statistical software, which encouraged a careful analysis of students' psychological wellbeing. This strategy not as it were improved the understanding of different angles of psychological well-being among students but also gave

important experiences for creating focused on intercessions and bolster frameworks.

Results

Table 1: Descriptive statistics of students' economic condition (measured on a 1-3 scale) and age distribution.

	N	Minimum	Maximum	Mean
Economic condition	211	1	3	1.49
age	211	18	22	20.05

Table 1 presents expressive measurements concerning the economic conditions and ages of a test of 211 students. The economic condition is assessed on a 3-point scale, where 1 represents poor, 2 represents average, and 3 represents good. The data shows that the lowest economic condition score is 1, the highest is 3, and the mean score of 1.49 suggests that most students fall between poor and average economic conditions. In terms of age, the students are between 18 and 22 years old, with a mean age of 20.05, demonstrating that the test comprises youthful grown-ups in their late teenage years to early twenties.

Table 2: Descriptive Statistics and Correlation of Physical Health and Psychological Health

	Mean	Std. Deviation	N	Physical Health	Psychological Health
Physical Health	24.78	5.475	211	___	
Psychological Health	53.55	9.5	211	.617**	

**. Correlation is significant at the 0.01 level (2-tailed).

Table 2 shows a significant positive correlation of 0.617 between physical health and psychological health, indicating that students with better physical health tend to report better psychological well-being. This relationship is statistically significant at the 0.01 level. This recommends that higher levels of physical safety are related to improved psychological health among the 211 students studied, with graphic measurements appearing with a mean physical safety score of 24.78 and a mean psychological safety score of 53.55. The positive relationship highlights the significance of keeping up physical health as a potential figure in upgrading psychological well-being results, adjusting with a broader study that emphasizes the interconnecting of physical action and psychological health within the Bamyan University population. Therefore, the findings support the hypothesis that Physical health positively correlates with Psychological health.

Table 3: One-Sample t-test of Psychological Test of Bamyan University Students

				95% Confidence Interval of the Difference	
t	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
17.6	210	.000	11.5	10.2	12.8

Tested value: 42

The data displayed in Table 3 shows a critical relationship between anxiety, sleep deprivation, and the psychological safety of students at Bamyan University. The one-sample t-test uncovers a t-value of 17.6 with 210 degrees of opportunity and a p-value of 0.000, proposing that the mean psychological test score (11.5) is significantly different from the tested value of 42. The 95% certainty interim for the mean contrast ranges from 10.2 to 12.8, demonstrating that the genuine mean score is well over the tested value, in this manner highlighting the significant negative effect that anxiety and sleep deprivation can have on students' psychological safety. Consequently, our 2nd hypothesis acknowledges that psychological health is altogether distinct from the normal mean.

Table 4: Descriptive statistics of the Depression test

N	Mean	Std. Deviation	Std. Error Mean
211	27.23	5.22	.36

Table 4 describe the depression test results for 211 participants show a mean score of 27.23, indicating a moderate level of depression symptoms. The standard deviation of 5.22 suggests variability in the scores, while the standard error mean of 0.36 reflects the precision of the mean estimate.

Table 5: One-Sample t-test of Depression of Students

				95% Confidence Interval of the Difference	
t	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
17.3	210	.000	6.2	5.5	6.9

Tested value: 21

The data in Table 5 demonstrates a noteworthy level of depression among students at Bamyan University, as prove by a mean depression score of 27.23 and a standard deviation of 5.22 from a sample of 211 students, recommending that numerous students encounter direct to extreme depressive indications. A one-sample t-test affirms this finding, with a t-value of 17.3 and a p-value of 0.000, showing that the mean difference between the tested value of 21 is considerable (mean difference = 6.2) and statistically critical, with a certainty interim extending from 5.5 to 6.9. These findings highlight a basic psychological health concern inside the understudy populace, requiring prompt consideration and intercession procedures to address their psychological health. Thus, our 3rd hypothesis acknowledges that depression status is altogether diverse from the normal mean.

Discussion

The results indicate that psychological health problems, particularly related to depression and anxiety, are prevalent among Bamyan University's 2024 cohort. The significant correlation between physical health and psychological well-being highlights the need for integrated health interventions that address both aspects simultaneously. This finding aligns with Rassolnia & Nobari, (2024) the study demonstrated that many students are in distress, which may impair their academic performance and general quality of life. The mean psychological health score is significantly higher than the tested value. This is consistent with more extensive research showing that psychological health issues are common among college students, pointing to a systemic problem that needs immediate action from both legislators and educational institutions. Furthermore, it has been shown that physical fitness influences a variety of psychological factors, including self-confidence, anxiety, and motivation for achievement (Chauhan & Singh, 2023).

Furthermore, the research shows that socioeconomic determinants have a significant impact on the psychological health outcomes of pupils. Economic conditions were bad to average, according to most participants, which could make anxiety and depression worse. This result is in line with previous research that links students' psychological distress levels to their socioeconomic background. Conversely, other investigations have demonstrated that those with greater socioeconomic status also experience less worry and melancholy and have better quality sleep (Rassolnia & Nobari, 2024). To create an atmosphere that supports both academic achievement and psychological health, Bamyan University must introduce focused support services, such as counseling and wellness initiatives. The institution can lessen these psychological difficulties and improve students' general resilience by giving psychological health programs top priority and encouraging physical exercise.

Consequently, the study had some limitations likewise unable to measure the exact psychological wellbeing of Bamyan University 2024 batch students. In addition, the association of physical and psychological health being in one time is difficult to interpret.

Conclusion

The positive relationship highlights the significance of keeping up physical health as a potential figure in upgrading psychological well-being results, adjusting with a broader study that emphasizes the interconnecting of physical action and psychological health within the Bamyan University population.

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This study explores the psychological health of students at Bamyan University, pointing to recognize key components influencing their psychological health. The study's objectives incorporate surveying the psychological and physical health of students, understanding anxiety and sleep deprivation levels, and assessing the prevalence of depression. A total of 211 students took an interest in a cross-sectional overview utilizing Goldberg and Heller's psychological health questionnaire, which illustrated great reliability quality over its sub dimensions. A noteworthy positive relationship exists between physical health (mean score of 24.78) and psychological health (mean score of 53.55), with a relationship coefficient of 0.617. Moreover, the one-sample t-test findings show that anxiety and sleep deprivation contrarily affect psychological health. In expansion, the research found a noteworthy level of depression among students, with a mean score of 27.23 affirmed by a one-sample t-test (t-value of 17.3). In conclusion, these findings highlight basic psychological health concerns inside the student populace at Bamyan University.

Suggestions

To address the recognized psychological safety issues among students at Bamyan University, a few suggestions are proposed:

Foundation of support Administrations: Actualize keen psychological health administrations on campus to supply counseling and encourage students encountering anxiety, depression, or sleep deprivation.

Health Advancement Programs: Create programs centering on physical health advancement through workouts, nourishment, and wellness workshops to improve general psychological health.

Awareness Campaigns: Dispatch mindfulness campaigns to teach students about psychological safety issues and advance assets accessible for support.

Regular Evaluations: Conduct standard appraisals of the understudy's psychological well-being to display changes over time and modify intercessions accordingly.

Peer Support Networks: Empower the arrangement of peer-strengthening groups where students can share experiences and adapt methodologies in a secure environment.

These intercessions point to cultivating a stable academic environment that prioritizes the psychological health and health of all students at Bamyan University.

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